



David and Kendall Hibiske

We have been happily married 4 1/2 years and are thrilled to meet our first baby! David is the Family Pastor at South Bay Church and Kendall is a Marriage and Family Therapist Intern. Our midwife is Lin Lee and we will also be accompanied by our doula Tara Gomez.

Our goal is primarily to have a natural unmedicated childbirth, avoiding induction and a C-section if possible. We understand that in certain circumstances these guidelines may not be followed. We plan to be flexible and welcome suggestions at any time!

Labor and Delivery

- Prefer to have hepblock after antibiotics administered (GBS+)
- Prefer to move freely throughout labor and pushing
 - Prefer intermittent, external fetal heart rate monitoring (wireless if possible)
 - Prefer to eat and drink, and not have an I.V. for fluids
- Prefer to tear naturally with the assistance of positioning, warm compresses, and counter pressure
- Prefer to push when I feel the urge
- Husband may like to be involved in catching the baby, if possible

Medication

- Prefer not to have an epidural
- Please do not ask what my pain level is or offer me pain medications unless I ask for them
- Would like to be consulted before administering any medication
- Prefer to deliver placenta naturally and not have Pitocin administered after birth

Baby Care

- Prefer to have baby placed directly on my chest, skin-to-skin, immediately after birth
- Prefer to start breastfeeding as soon as possible from skin-to-skin position
- Prefer to allow cord's pulse to slow before cutting, husband would like to cut the cord
- Prefer to wait at least an hour before beginning newborn examination in the room
- We do not want the eye ointment or Hep. B vaccine administered
- Prefer to avoid artificial nipples (bottles, pacifiers)
- Prefer to have baby with us at all times, please only perform tests that we approve

Unexpected Complications

- In the event a C-section is necessary, I would like to remain awake and to have a hand free to be able to touch the baby and hold my husband's hand
- Prefer the baby be given to me or my husband immediately after birth, if possible
- My husband should be with the baby at all times and I would like my doula to be with me if he needs to leave me to stay with the baby
- Prefer to breastfeed as soon as possible

THANK YOU!

We greatly appreciate your time and efforts to accommodate our wishes for the birth of our baby girl!